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AS PARKS AND RECREATION'S LAST SEASON BEGINS, METRO LOOKS BACK AT ALL THE THINGS WE LOVE ABOUT PAWNEE PAGE 16

Identities of deceased ice climbers released

Colleagues react after three people killed in apparent fall PAGE 3

Send your batch of chili into the stratosphere

Steak makes this quick and easy recipe out of this world PAGE 20

BURIED TREASURE

This untitled oil sketch, buried for 30 years and kept private for another 40, is one of the J.E.H. MacDonald pieces donated to the Vancouver Art Gallery from Ephry and Melvin Merkur. The collection by MacDonald (1873-1932) is the most significant historical gift the gallery has ever received, next to the Emily Carr Trust. Story, page 4. COURTESY VANCOUVER ART GALLERY

Action urged on crowded B.C. prisons

Report. Over-capacity facilities are jeopardizing safety: Auditor general

The province's prisons are operating at 140 per cent capacity and there doesn't seem to be a plan to address overcrowding, British Columbia's auditor general has found.

Carol Bellringer released her audit into the Adult Custody Division's correctional facilities and programs on Tuesday, urging the government to take action to ensure the safety of inmates and correctional staff.

"We found the division was unable to demonstrate that it has the right amount or type of facilities needed to provide safe, secure custody," Bellringer wrote.

More than half of the 16,000 people admitted into B.C. correctional centres in 2013-14 had to share a cell — designed for single occupancy — with another inmate, according to the report.

The crowding has led to an increasing number of inmate safety and security incidents, the audit found.

Despite $475 million in capital expansion projects, which will add more than 800 new cells when complete, Bellringer said overcrowding will continue to be an issue as the prison population is projected to outpace new cells in coming years.

Worryingly, the audit found the division was not effectively planning for or providing the facilities it needs for safe custody and providing programs designed to reduce criminal behaviour in and out of custody.

Justice Minister Suzanne Anton told media that the government will adopt all of Bellringer's recommendations, which include implementing more performance measures and targets, periodical safety assessments, and a review of inmate case management processes. MATT KIELTYKA/METRO

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Stephanie Grothe was one of the three ice climbers killed in a fall on Joffre Peak near Pemberton on Sunday. Inset: Elena Cernicka, who was also killed in the fall, lived in North Vancouver. GOOGLE PLUS; INSET: LINKEDIN

Coroner identifies 3 ice climbers killed in fall

Joffre Peak. Elena Cernicka, Stephanie Grothe and Neil Charles Mackenzie were killed

THANDI FLETCHER
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The BC Coroners Service has released the names of the three ice climbers killed in a fall on Joffre Peak near Pemberton on Sunday.

Elena Cernicka, 35, Neil Charles Mackenzie, 31, and Stephanie Grothe, 30, were found dead early Monday in a crevasse on Mount Joffre after apparently falling 600 metres, according to the coroners service.

Cernicka lived in North Vancouver, while Mackenzie, who was originally from Scotland, and Grothe, who was from Germany, lived in Vancouver.

The coroners service said the three were part of a group who travelled to Joffre Lakes Provincial Park on Saturday and spent the night in a backcountry hut in the park.

On Sunday, the three went ice climbing and made plans to meet up with the rest of group, who went skiing, at the end of the day.

When the ice climbers didn't show up, the others went looking for them and spotted one person who appeared to be dead, said the coroners' service.

The group notified RCMP and rescue crews launched a search at daybreak Monday for the two missing ice climbers.

Shortly after, the bodies of the all three climbers were found close to each other.

On Tuesday, colleagues at the University of British Columbia, where Grothe was a graduate student in physics and astronomy, were reeling following news of her death.

Research associate James Day, who knew Grothe for about five years, said the 30-year-old was in the final stages of writing her thesis and finishing her PhD.

"She was totally awesome," he said. "She was always happy and she had the best little 'hello' when you saw her in the morning."

He described Grothe as an avid outdoorswoman who was an active member of UBC's Varsity Outdoors Club.

No matter the season, Grothe spent every weekend exploring B.C.'s backcountry either hiking, skiing, or climbing, he said.

"She cared a lot for the environment," he said. "She rode her bike everywhere and always encouraged other people to walk or ride."

At Providence Health Care, where Cernicka worked for more than five years, staff were saddened by news of her passing, said spokesman Dave Lefebvre.

"Our deepest sympathies and our thoughts are with the family," he said.

The BC Coroners Service and RCMP are continuing to investigate the incident.

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Buried, unseen in 70 years, Group of Seven art unearthed

Rare sketches. J.E.H. MacDonald artwork long buried in an Ontario backyard donated to the Vancouver Art Gallery

EMILY JACKSON
emily.jackson@metronews.ca

Ten rare oil sketches by a Group of Seven painter — buried in an Ontario backyard for three decades and kept from the public for another 40 years — have been donated to the Vancouver Art Gallery for the public to see in fall 2015.

The collection by artist J.E.H. MacDonald (1873-1932) is the most significant historical gift the gallery has ever received next to the Emily Carr Trust, the gallery's senior curator Ian Thom said in a statement.

The gift comes from Toronto art collectors Ephry and Melvin Merkur, who discovered the paintings in pristine condition when their mother passed away in 2012.

MacDonald's artwork came to be in their family's possession due to their late father's friendship with the artist's son Thoreau.

Apparently in the 1930s, MacDonald and his son decided to bury the sketches in the backyard of their home in Thornhill, north of Toronto.

The sketches, dating from 1910 to 1922, were wrapped in layers of cellophane and tar paper and placed inside boxes to preserve them and keep them safe.

No one knew the artwork existed until Thoreau told his friend Max Merkur about it more than 30 years later. Merkur, a Toronto art collector and high-rise developer, bought the paintings in 1974, unearthed them and kept them in the family for 40 years, never revealing them to the public.

But with his widow's death, their son discovered the sketches and enlisted the Vancouver Art Gallery's senior curator to authenticate them.

"My brother, Mel, and I are thrilled that these fabulous works of art will be displayed for the public to enjoy. My Dad and Mom, who spent a lifetime expanding their collection of Canadian art, surely would be delighted as well," Ephry Merkur said in a statement.

The Group of Seven artists are some of Canada's most famous, known for depicting the country's harsh but beautiful landscapes.

"We are thrilled to have received these extraordinary paintings that are accompanied by such an incredible story," gallery director Kathleen Bartels said in a statement thanking the Merkur family for their generosity.

This untitled oil sketch is one of the J.E.H. MacDonald pieces donated to the Vancouver Art Gallery from Ephry and Melvin Merkur. CONTRIBUTED: VANCOUVER ART GALLERY

First Nations file Northern Gateway court challenge

A worker uses a small boat to move logs on the Douglas Channel at dusk in Kitimat on Jan. 11, 2012. Douglas Channel is the proposed termination point for an oil pipeline from Alberta as part of the Enbridge Northern Gateway Project. DARRYL DYCK/THE CANADIAN PRESS

Two First Nations in British Columbia have launched a court challenge against the province, saying it shirked its responsibility to make a decision on the Northern Gateway project and gave that power to the federal government.

The Gitga'at First Nation and the Coastal First Nations say B.C. violated their constitutional rights by failing to consult with them on a proposed pipeline when it signed an agreement to partner with the National Energy Board.

They filed a petition in B.C. Supreme Court on Tuesday, seeking to have the 2010 deal declared invalid.

The groups said in a court document that the agreement "purports to remove the need for an environmental assessment" by the province to determine if the project should proceed and if so, under what conditions.

The First Nations, which represent bands on the province's north and central coasts, said the project proposed by Calgary-based Enbridge Inc. would put their communities at risk of potential oil spills.

The groups said about 600 kilometres of land, including around 850 streams and rivers, could be threatened by the pipeline that would connect Alberta oilsands to a tanker port in B.C. for export to Asian markets.

Art Sterritt, executive director of the Coastal First Nations, said the province was obligated to make its own decision on the $6-billion Northern Gateway pipeline.

"They passed that decision on to the federal government," he said.

"They didn't consult with us and they have a legal obligation to do that, not just for First Nations, but for British Columbians. They don't think this is a safe project."

Sterritt said the federal government could still have done its own environmental assessment but the province needed to take the lead and not delegate that responsibility to Ottawa, especially when it argued against approval of the project.

"We think they erred in that and they need to correct that."

THE CANADIAN PRESS

Vancouver Island

Weather, pilot blamed for crash

Bad weather and pilot error are being blamed for a deadly air-taxi crash off the west coast of Vancouver Island in August 2013.

A report from the Transportation Safety Board concluded the weather didn't meet the minimum requirements to fly.

The single-engine, Air Nootka float plane was en route to Gold River the morning of Aug. 16 in rain and foggy conditions after picking up five hikers at Hesquiat Lake. Everyone survived the crash but the pilot and a passenger were unable to get out of the wreckage before it burst into flames.

THE CANADIAN PRESS

Chilliwack

Investigators believe murder was targeted

Homicide investigators have identified the man killed in what police believe was a targeted murder in Chilliwack on Tuesday night.

Police have identified the victim as 39-year-old Chilliwack resident Stuart David Ellis. Ellis was known to police.

"At this time IHIT investigators do not believe this was a random act, there is no reason to be concerned for public safety," according to a news release from Sgt. Stephanie Ashton.

Anyone with information is asked to call IHIT at 1-877-551-4448.

EMILY JACKSON/METRO

Court

Accused in legislature plot plead not guilty

Two people accused in what the RCMP described as a plot to blow up the British Columbia legislature have both pleaded not guilty in a Vancouver court. Jury selection began Tuesday for John Nuttall and Amanda Korody who are charged with knowingly facilitating a terrorist activity, conspiracy and making or possessing an explosive device. More than 300 potential jurors showed up on the first day of jury selection, where 14 jurors will eventually be chosen. The trial is to begin Feb. 2 and is expected to last about 18 weeks.

THE CANADIAN PRESS

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School board votes down freeze on closures

$27M shortfall to balance budget. Board looks to save cash by selling equipment

The Vancouver school board chair says parents shouldn't be worried about school closures, even though the board voted against a four-year moratorium on shuttering neighbourhood schools on Tuesday night.

It would be "premature" to promise not to close any schools — a motion proposed by Vision Vancouver, which lost control of the board in the 2014 election — since the board doesn't have the most recent enrolment data and the long-term facilities plan is expected in June, Non-Partisan Association chairman Christopher Richardson said Wednesday.

The NPA and the Green Party voted against the moratorium in the absence of this information, but Richardson said that doesn't contradict the party's election pledge not to close any schools.

"The one thing we all agreed on was the importance of neighbourhood schools and the importance of avoiding at all costs the closure of schools," Richardson said. "It's a very traumatic issue to all involved, both staff and teachers and students utilizing the schools that are potentially on the chopping block."

But in the face of a potential $27-million shortfall to balance the budget in 2015, Richardson said it's too soon to promise it will not happen.

"Elections are most generally aspirational goals. The reality is that we have a budget," he said.

The board is looking at other measures to save cash, including selling equipment to get a cash influx and then leasing it back from the new owner. While this isn't ideal since it costs more in the long run, it's a common practice used to balance budgets, Richardson said.

Green school board trustee Janet Fraser doesn't want schools to close or have the land sold to developers to raise cash, but she doesn't believe a moratorium is appropriate at this time, she wrote in a Facebook post.

Five schools were on the chopping block in 2010 and all were kept open. Since then, the number of empty seats in the district has increased to 10,000 from 7,500, Fraser wrote.

EMILY JACKSON/METRO

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Nurses. Groups at odds over B.C.'s flu shot policy

A conflict is heating up between two groups representing nurses in B.C. over the province's mandatory flu shot or mask policy for healthcare workers.

Joy Peacock, executive director of the Association of Registered Nurses of B.C., said she is disappointed by recent comments from B.C. Nurses' Union president Gayle Duteil calling for the provincial government to revise its mandatory influenza immunization or mask policy for healthcare workers.

"As health-care professionals, we have a duty to care (for our patients)," Peacock told Metro. "As nurses, we are the most trusted profession, so people look to us to see what we are doing."

Since it was launched in 2012 by the B.C. government, the B.C. Nurses' Union has opposed the mandatory nature of the flu shot or mask policy.

While it supports influenza immunization for its members, the union says nurses should be given a choice.

This year, union president Duteil reignited those calls, arguing that the policy should be revised, especially considering this year's vaccine is proving to be only about 40 per cent effective against the circulating H3N2 virus.

But even if the flu vaccine is less effective, Peacock said nurses have a duty to care for groups like seniors and children that are most vulnerable to serious complications from the flu.

"There's no downside to (the flu shot)," said Peacock. "We know that it saves lives so why wouldn't we do it?"

Dr. Perry Kendall, B.C.'s chief medical health officer, has also spoken out against the union's position.

A request for comment from the B.C. Nurses' Union was not immediately returned Tuesday.

THANDI FLETCHER/METRO

Robert Dziekanski

Mountie denies he colluded to fabricate details

A Mountie who stunned Robert Dziekanski with a Taser the night the Polish immigrant died denied allegations Tuesday that he and his fellow officers colluded to fabricate a story to justify their actions.

Const. Kwesi Millington, one of four officers who confronted Dziekanski at Vancouver's airport in October 2007, told his perjury trial that he never discussed the incident with his colleagues.

Millington is accused of lying at a public inquiry in 2009, particularly when he attempted to explain discrepancies between an amateur video of the confrontation and what he wrote in his notes and told homicide investigators.

The Crown alleges the four officers concocted a story to tell investigators and then lied at the public inquiry to cover up their initial deception.

Crown counsel Scott Fenton pointed to several details in Millington's initial notes and statements that were contradicted by the video. For example, Millington said Dziekanski remained standing after the first jolt of the Taser and that the officers wrestled the man to the ground, when in fact Dziekanski fell on his own as soon as he was stunned.

THE CANADIAN PRESS

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Vancouver court rules chef's son be returned to London

Omar Allibhoy. Judge approves application of 'the Antonio Banderas of cooking' to have his two-year-old sent to U.K.

NEAL HALL
vancouver@metronews.ca

Celebrity chef Omar Allibhoy, 30, who owns two Tapas Revolution restaurants in London, recently filed a court action in Vancouver and was successful in seeking the return of his two-year-old son.

He applied under the Hague Convention of International Child Abduction, but the judge who heard the recent case, B.C. Supreme Court Justice Peter Voith, noted that the child's mother, Marsha Tabalujan, had done nothing wrong other than decide not to return to London to resume living with Allibhoy.

Tabalujan, 34, is a citizen of Canada and Indonesia. Her parents live in Coquitlam, and her son Noah was born in New Westminster on July 11, 2013.

The child is a citizen of Canada, Spain and Indonesia.

Allibhoy is originally from Madrid and is a Spanish citizen who moved to London in 2005, where he lived with Tabalujan in a rented apartment after their marriage in 2009.

Finding the accommodations unsuitable for a family while she was pregnant, Tabalujan decided to travel to Canada to give birth and have her parents assist her after.

Allibhoy came to Canada to visit his son and Tabalujan. He also bought a two-bedroom apartment in London and had it renovated to provide a bedroom for Noah.

For several months, Tabalujan and Noah lived in Madrid with Allibhoy's parents, then returned to live in the newly renovated apartment in March 2014.

After some difficulties with their relationship, on Aug. 7, 2014, Allibhoy returned home to find a note from Tabalujan, saying she had left for Canada.

Allibhoy initially agreed it would be good for Tabalujan and Noah to visit Canada but he filed his court application for his son's return Sept. 3 after Tabalujan said she wasn't coming back.

The judge granted Allibhoy's application, ruling the child should be returned to London "forthwith" because the "agreed-upon intention" was that his stay with Tabalujan's parents be temporary.

Allibhoy often appears on British cooking shows and became recognized as a top chef while working under the world-renowned Michelin-starred chef Ferran Adria of El Bulli restaurant in London.

He is also executive chef at London's renowned El Pirata Detapas, which was recently featured in Gordon Ramsay's Best Restaurant TV show in England, in which Ramsay called Allibhoy "the Antonio Banderas of cooking" and an "avant garde" Spanish chef.

The judge noted that he expects the court in England to decide custody and support issues for the future.

Omar Allibhoy
COURTESY TAPAS REVOLUTION

Vancouver International Airport introduces its fancy new $213-million expansion

The Vancouver International Airport officially opened its expanded domestic terminal on Tuesday. The $213-million expansion, the A-B Connection, features new gate capacity and baggage systems, seismic upgrades and more food and shopping options. A space features a new art piece, The Rivers Monument, by B.C. artist Marianne Nicolson. COURTESY YVR

Transit plebiscite

Surrey, New Westminster to support 'yes' vote

The city councils of Surrey and New Westminster have both voted unanimously to support a "Yes" vote in the upcoming plebiscite on transit funding.

Ballots for the plebiscite will be sent to Metro Vancouver residents starting March 16, asking voters if they support a new, regional 0.5 per cent Metro Vancouver Congestion Improvement sales tax to fund a 10-year, $7.5-billion proposed transit plan. That plan includes a subway line along Broadway in Vancouver and light rapid-transit lines in Surrey.

MATT KIELTYKA/METRO

North Shore

Search resumes for missing hiker

The search for a missing 21-year-old hiker on Vancouver's North Shore mountains is back on.

North Shore Rescue previously called off looking for Liang Jin because of harsh weather conditions and difficulty narrowing down a search area.

But spokesman Doug Pope says the search can now resume thanks to higher temperatures and considerable snow melt in the Hanes Valley, where Jin is believed to be.

Crews plan to start the search at around 9 a.m. and will scour the area by both foot and helicopter.

THE CANADIAN PRESS

South Okanagan

Woman charged with murder of daughter-in-law

Mounties in British Columbia's south Okanagan say the mother-in-law of a dead woman has been charged with second-degree murder.

RCMP Sgt. Rick Delabuur of the Penticton RCMP says 26-year-old Roxanne Louie lived in Vancouver but returned to the south Okanagan to visit family and friends over the holidays.

He says Louie's family reported her missing Jan. 4 after she did not show up for her flight back to Vancouver and she is now confirmed dead. Delabuur says 65-year-old Grace Robotti has been charged in connection to her death. THE CANADIAN PRESS

Day of the flag draws near

With Feb. 15, the 50th birthday of Canada's beloved Maple Leaf flag, approaching, some are wondering why there has been so little fanfare from the federal government. The party planning appears to pale in comparison to a multimillion-dollar effort to mark Canada's 150th birthday in 2017 and the $5.2 million that was spent to mark the bicentennial of the War of 1812. The founder of the Canada Flag Holiday Campaign wrote to Prime Minister Stephen Harper this week to express his disappointment in the government's lack of plans to celebrate the flag, which was adopted in 1965.

DARRYL DYCK/THE CANADIAN PRESS

Security changes for the Hill were rejected: Sources

Shelved over a year ago. Proposals included having a unified security force on Parliament Hill

At least two separate proposals urging major changes to Parliament Hill security were prepared and shelved more than a year before the Oct. 22 attack on Parliament Hill, Torstar News Service has learned.

At the request of former public-safety minister Vic Toews, the RCMP worked on a proposal for a single security force.

The idea of a single force is akin to the U.S. Capitol Police, a federal law-enforcement agency that protects the American Congress. Some advocates believe such a force would offer both cost savings and tighter security. There does not, however, appear to be any appetite internally or externally for that force to be the Mounties.

But for reasons that are not clear, according to multiple sources who spoke to Torstar on condition they not be named, the proposal did not advance and was rejected in 2013 after Toews was replaced by Steven Blaney.

An advisory group of senior Commons and Senate members that was struck after the Oct. 22 attack is working to come up with recommendations for overhauling security on the Hill — with one eye on exactly that: A single force that could look more like the one that patrols Capitol Hill.

The group has already adopted new measures towards unifying the security services. There is a single point of command; up to last week that was Sergeant-at-Arms Kevin Vickers, and on an interim basis it is Deputy Sergeant-at-Arms Pat McDonnell.

Sources say that a group of senators drafted a response to the federal auditor general's report of June 2012, which agreed with the audit and urged the two parliamentary services be unified.

However, it appears the suggestion foundered long ago over disputes about whether the Commons and Senate authorities would have equal say in its management.

Two sources also said the Conservative government was considering a dramatic suggestion to turn Wellington Street in front of the Parliament Buildings into a pedestrian mall and re-route traffic, as was done in 1995 with Washington's Pennsylvania Avenue.

TORSTAR NEWS SERVICE

National security

Arrested terror suspects were on police watch list

The three suspects arrested in a five-day terrorism sweep were among the roughly 90 names on the RCMP's national security watch list, Torstar News Service has confirmed.

Law enforcement sources expect more terrorism-related arrests in the coming weeks, as the world's attention remains focused on last week's attacks in Paris.

Twin brothers Carlos and Ashton Larmond, 24, and Suliman Mohamed, 21, were among the 90 individuals connected to around 63 active terrorism probes by domestic security agencies.

The three men were arrested and charged with a number of terrorism-related offences.

TORSTAR NEWS SERVICE

Allegations

U of Ottawa and its president face suit

The University of Ottawa and its president, Allan Rock, face a class action lawsuit over the suspension of the school's men's hockey team in connection with a sexual assault investigation.

The legal proceeding was launched Tuesday in Ontario's Superior Court of Justice by lawyer Lawrence Greenspon on behalf of student Andrew Creppin and 21 other members of the varsity hockey team.

Two students who were on the team were charged last summer with sexually assaulting a female student at Lakehead University in Thunder Bay in February. The two are not part of the class action. Almost a month after the alleged incident in Thunder Bay, Rock suspended the entire hockey team for the season. THE CANADIAN PRESS

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India

Bad batch of liquor kills at least 28

A bad batch of bootleg liquor killed at least 28 people and sent 160 others to hospitals in the north Indian state of Uttar Pradesh, officials said Tuesday.

Many of the victims had gathered to watch a cricket match Sunday evening in a village about 30 kilometres southwest of the state capital, Lucknow, government official Anil Garg said. By midday Tuesday, 28 people had died, including 11 in a nearby village, police officer Mukul Goel said.

Police arrested the shop owner who sold the pouches of homemade alcohol for about 30 cents each. A raid of the shop uncovered large containers of chemicals, which were sent to a laboratory for testing, district official R.K. Pandey said.

THE ASSOCIATED PRESS

Mozambique

Contaminated beer claims three more lives

Three more people have died from drinking contaminated beer, bringing the number of fatalities to 72, as the number hospitalized fell by more than 150, health authorities in Mozambique said Tuesday.

About 35 victims are now hospitalized.

Dozens of people fell ill in Chitima and in the neighbouring Songo district after drinking traditional beer, known as Pombe, at a funeral over the weekend. The beer, brewed from millet or corn flour, is believed to have been poisoned with crocodile bile, according to district health officials. Police investigating the incident said the barrel in which the beer was originally brewed has since disappeared.

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Chimp gets frozen treats

A chimpanzee named Paulinho holds two popsicles at the city zoo, in Rio de Janeiro, Brazil, on Tuesday. Zoo animals were given frozen snacks made from tropical fruits, chunks of meat and frozen yogurt to help ease the intense summer heat. SILVIA IZQUIERDO/THE ASSOCIATED PRESS

Free-climbers near summit of El Capitan

Yosemite National Park. The granite facing of El Capitan's Dawn Wall inside the park is considered the world's most difficult rock climb

Two climbers are almost to the top, in their bid to become the first in the world to use only their hands and feet to scale a sheer granite face in California's Yosemite National Park.

A spokeswoman said Tuesday that 30-year-old Kevin Jorgeson and 36-year-old Tommy Caldwell will likely finish the climb up El Capitan's Dawn Wall on Wednesday evening.

For 17 days, the two have been attempting what many thought impossible. The men are "free-climbing" to the 914-metre summit. This means they don't use climbing aids, other than ropes to prevent deadly falls.

Each trained for more than five years, and they have battled bloodied fingers and unseasonably warm weather.

Jorgeson fell 11 times over seven days trying to get past one tough section. He took to Facebook on Sunday to publicly celebrate his victory.

"It took everything in my power to stay positive and resolved that I would succeed," he wrote of his continued attempts to get past the gruelling section.

The climb began on Dec. 27 and was expected to take two weeks. If the men finish Wednesday, they will have been on the wall closer to three weeks. El Capitan, the largest granite monolith in the world, has about 100 routes to the top. The first climber reached the summit in 1958.

In 1970, Warren Harding and Dean Caldwell — no relation to Tommy Caldwell — climbed Dawn Wall using ropes and countless rivets over 27 days. The duo turned down a rescue attempt by park rangers in a storm.

THE ASSOCIATED PRESS

On January 28

let's change

into

January 28 is Bell Let's Talk Day. For every text, mobile or long distance call made by a subscriber*, and tweet using #BellLetsTalk, Bell will donate 5¢ more to mental health initiatives across the country.

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Mary Walsh

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*Regular long distance and text message charges apply.

Muhammad weeps on Charlie Hebdo's cover

Defiant front. Shows prophet holding a sign with words 'All is forgiven' above him

Patrick Pellous, Charlie Hebdo journalist and president of Liberation magazine, holds the new issue of Charlie Hebdo at a press conference at the Liberation offices in Paris on Tuesday. AURELIEN MEUNIER/GETTY IMAGES

Charlie Hebdo released a new version of its irreverent and often offensive newspaper Tuesday, defiantly putting a caricature of the Prophet Muhammad on the cover that drew immediate criticism and threats of more violence.

The newspaper also skewered other religions, and ran a double-page spread illustrating Sunday's march in Paris that drew more than a million people to condemn terrorism, claiming that the turnout was larger "than for Mass."

"For the past week, Charlie, an atheist newspaper, has achieved more miracles than all the saints and prophets combined," it said in the lead editorial. "The one we are most proud of is that you have in your hands the newspaper that we always made."

Charlie Hebdo planned an unprecedented print run of three million copies Wednesday — one week to the day after the assault by two masked gunmen that killed 12 people, including much of its editorial staff and two police officers. It was the beginning of three days of terror that saw 17 people killed before the three Islamic extremist attackers were gunned down by security forces.

Surviving staff members are now using the offices of the Liberation newspaper, which has lent out space.

The latest cover shows a weeping Muhammad, holding a sign reading "I am Charlie" with the words "All is forgiven" above him. Renald Luzier, the cartoonist who drew the cover image under the pen name "Luz" said it represents "just a little guy who's crying."

Then he added, unapologetically: "Yes, it is Muhammad."

Speaking at a news conference in Paris on Tuesday at which he repeatedly broke down crying, Luzier described weeping after he drew the picture. THE ASSOCIATED PRESS

Anti-terrorism

PM asks for tougher measures

France's prime minister demanded tougher anti-terrorism measures Tuesday after deadly attacks that some call the French Sept. 11 — and that may already be leading to a crackdown on liberties in exchange for greater security. Police told The Associated Press that the weapons used came from abroad, as authorities in several countries searched for possible accomplices and the sources of financing for last week's attacks.

Germany. Leaders push for tolerance

German political and religious leaders appealed for tolerance Tuesday in the wake of the Paris terror attacks, a message meant to counter both religious extremists and growing anti-Islam protests in Germany.

Chancellor Angela Merkel and President Joachim Gauck were among those who took part in the rally organized by Muslim groups near Berlin's iconic Brandenburg Gate and the French embassy, where wreaths were laid for the 17 people killed by Islamic extremists in Paris last week.

A group calling itself Patriotic Europeans against the Islamization of the West, or PEGIDA, has been staging anti-Islam protests in the eastern city of Dresden for the last three months. Its latest protest Monday drew a record 25,000 supporters, with speakers citing the Paris attacks as proof of the danger posed by Islam. THE ASSOCIATED PRESS

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Conflict grinds on in Nigeria

Nigeria's president was among leaders who condemned last week's attack by Islamic extremists on the French satirical weekly Charlie Hebdo, yet his response to the slaughter of civilians by militants in his own country has been muted.

Some commentators criticized President Goodluck Jonathan's reticence about violence in Nigeria's Baga town, and the lack of a broader international outcry on par with the reaction to the attacks in France.

The slogan "I am Baga" — a play on "I am Charlie," the expression of solidarity with the targeted French weekly — is now circulating on social media.

The global sympathy and the defiant rally in Paris that drew foreign leaders after the assaults that killed 17 people overshadowed the killing of hundreds and perhaps as many as 2,000 people in Baga, a northeastern town near Chad. THE ASSOCIATED PRESS

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Submit your home deposit — via phone

Real estate purchases. New service called ExactDeposit expected to be rolled out in the spring, in brokerages across the country

The mad scramble involved in putting down a deposit on a new home can be more than just a hassle — in some cases it can be a deal-breaker.

In an age where most purchases can be paid with a tap from a credit card or smartphone, the process of paying a deposit to secure a real estate deal is still tied to old-fashioned paper — bank drafts and cheques — and tight delivery deadlines.

But the process that often involves homeowners making multiple bank visits, skipping work and racing to the realtor's office before closing time could soon be entering a new era. Starting in February, Royal LePage Atlantic will be one of several Halifax-area brokerages that will allow homebuyers to pay their deposits via mobile devices.

Halifax-based realtor Chris Ryan co-founded ExactDeposit with his friend Kevin Kline, who has worked in technology and telecommunications for more than two decades. The pair enlisted the help of computer science PhD candidates at Dalhousie University to develop a secure and mobile-friendly website that allows homebuyers to pay their deposits using credit cards, a smartphone, tablet or computer. Realtors will pay less than $10 a month for unlimited usage, while homebuyers will be charged 2.9 per cent of their transaction — a price that Kline admits may be too steep for some.

THE CANADIAN PRESS

2015 top tech trend

Deloitte picks mobile payment

More Canadians will be reaching for their cellphones to pay for purchases this year, predicts global professional services firm Deloitte.

A report, released Tuesday, sees 2015 as a "tipping point" for retailers, banks and telecom companies to adopt the technology, which allows consumers to pay with their smartphones.

Duncan Stewart, a director at Deloitte Canada, said there now are more phone models with the technology, called near field communication, and more retail locations that can accept the payments.

THE CANADIAN PRESS

Market Minute

DOLLAR
83.65¢
(+0.09¢)

TSX
14,187.16 (- 77.85)

OIL
$45.89 US (- 18¢)

GOLD
$1,234.40 US (+ $1.60)

Natural gas: $2.943 (+14.8¢)
Dow Jones: 17,613.68 (- 27.16)

Oil prices fallout

Suncor Energy cutting 1,000 jobs

Suncor Energy is reducing its workforce by 1,000 and cutting $1 billion from its capital budget in response to falling crude oil prices.

The Calgary-based oilsands giant says the job cuts will mainly affect contractors, but include some employee positions.

Projects that haven't yet been given a final go-ahead are being deferred, such as expansions to the MacKay River steam-driven oilsands project and the White Rose development off the east coast.

But major projects under construction such as the Fort Hills mine and the Hebron field in offshore Newfoundland are moving ahead as planned.

THE CANADIAN PRESS

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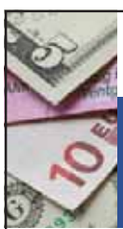

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VOICES

FALL IN LOVE RIGHT NOW

Try a little social experiment. Turn to the person sitting beside you on the train or bus and go through the 36-point exercise printed below. It could make you fall in love.

It apparently worked for Mandy Len Catron, a University of British Columbia writing teacher, who fell in love with a man after going through this very exercise and staring into his eyes for exactly four minutes.

The experiment was created more than 20 years ago by psychologist Arthur Aron, who says he successfully got strangers to fall in love by having them ask and answer a series of questions that gradually become more and more intimate. Len Catron recently wrote about her experience in the New York Times, detailing how she and an acquaintance recreated the experiment at a bar one night, and two hours later, were in love. Skeptical? Give these a try!

Grab a random stranger and start asking questions: It just might lead to love. ISTOCK

1. Given the choice of anyone in the world, whom would you want as a dinner guest?

2. Would you like to be famous? In what way?

3. Before making a telephone call, do you ever rehearse what you are going to say? Why?

4. What would constitute a "perfect" day for you?

5. When did you last sing to yourself? To someone else?

6. If you were able to live to the age of 90 and retain either the mind or body of a 30-year-old for the last 60 years of your life, which would you want?

7. Do you have a secret hunch about how you will die?

8. Name three things you and your partner appear to have in common.

9. For what in your life do you feel most grateful?

10. If you could change anything about the way you were raised, what would it be?

11. Take four minutes and tell your partner your life story in as much detail as possible.

12. If you could wake up tomorrow having gained any one quality or ability, what would it be?

13. If a crystal ball could tell you the truth about yourself, your life, the future or anything else, what would you want to know?

14. Is there something that you've dreamt of doing for a long time? Why haven't you done it?

15. What is the greatest accomplishment of your life?

16. What do you value most in a friendship?

17. What is your most treasured memory?

18. What is your most terrible memory?

19. If you knew that in one year you would die suddenly, would you change anything about the way you are now living? Why?

20. What does friendship mean to you?

21. What roles do love and affection play in your life?

22. Alternate sharing something you consider a positive characteristic of your partner. Share a total of five items.

23. How close and warm is your family? Do you feel your childhood was happier than most other people's?

24. How do you feel about your relationship with your mother?

25. Make three true "we" statements each. For instance, "We are both in this room feeling ..."

26. Complete this sentence: "I wish I had someone with whom I could share ..."

27. If you were going to become a close friend with your partner, please share what would be important for him or her to know.

28. Tell your partner what you like about them; be very honest this time, saying things that you might not say to someone you've just met.

29. Share with your partner an embarrassing moment in your life.

30. When did you last cry in front of another person? By yourself?

31. Tell your partner something that you like about them already.

32. What, if anything, is too serious to be joked about?

33. If you were to die this evening with no opportunity to communicate with anyone, what would you most regret not having told someone? Why haven't you told them yet?

34. Your house, containing everything you own, catches fire. After saving your loved ones and pets, you have time to safely make a final dash to save any one item. What would it be? Why?

35. Of all the people in your family, whose death would you find most disturbing? Why?

36. Share a personal problem and ask your partner's advice on how he or she might handle it. Also, ask your partner to reflect back to you how you seem to be feeling about the problem you have chosen.

****Don't forget to stare at each other for four minutes after****

Et voilà! You should be deciding on the names of your children right about now. METRO

SO ... DID IT WORK?
Let us know at readers@metronews.ca

I broke my back sledding a decade ago, and I'm still suffering

DYLAN REARDON
readers@metronews.ca

I've watched the debate about whether cities should ban tobogganing with some interest. Sledding can be dangerous, and I think municipalities should have some control over where it happens. I should know. I broke my back a decade ago while sledding at Confederation Park in Calgary, and my life has been altered by that event.

On Boxing Day of 2003, my brother and I decided to go sledding. I hadn't been tobogganing in a decade and the weather was fantastic: Sunny, blue skies, mild temperature — there may have been Chinook that day.

Upon arriving at the hill, there were ominous signs that amused me at the time: a broken GT Snow Racer ski, pieces of shattered crazy carpets, lost gloves, helmets, etc. Years later and after the fact, I like to refer to the scene as a tobogan graveyard. My brother went down the hill first on a large plastic disk. The snow was compact, presumably from thrill seekers leading up to that day, and because the weather was quite warm, the snow had melted and re-frozen a few times. As a result, he went like a bat out of hell as I watched anxiously.

It was my turn. I didn't even have a chance to put my legs back onto the toboggan before I was completely out of control. My journey down the hill seemed like minutes, and the whole time I was using my legs as breaks to try and slow my speed. And then, BAM! It was a feeling I have trouble describing. A feeling I cannot forget. My entire body felt like it was broken in half. All I felt was pain. It was fierce and relentless, and I've never felt anything like it since.

When I arrived at the hospital, they tied me down to a table for two weeks, before placing me in a body cast for six months. I had suffered a burst-compression fracture of my L1 vertebra.

While in hospital, I was told that tobogganing accidents are incredibly common, and one of the reasons for this is that the human derriere isn't built to absorb the extreme forces that come from tobogganing. Unlike, say, the knees when you're skiing.

Since the accident I've suffered from chronic pain and an inability to sit down or sleep for any length of time. I can walk, but in a very limited sense: typically no more than a few hundred metres before back pain gets too intense. When this happens, my legs also become weak.

The medications to deal with this are brutal, in that they make me incredibly tired and zombie-like. Since the break I've been losing more and more feeling in my legs. About 40 per cent total loss right now. The reason for this is because over-compensation has led to increased degeneration of my spine directly above where I broke my back.

Like every sport or activity, tobogganing carries risks and dangers. My accident was a freak accident. I could have broken my neck on the boards playing hockey. I could have been hit in the head with a golf ball while on the back nine.

I do not agree with an outright ban, and limiting times and conditions seems like ridiculous government overreach. However, designating safe places to toboggan seems like a prudent course of action. There are inherent risks in any activity, but we can try to minimize those risks.

Dylan Reardon is a Calgary-based student and writer. He runs the satirical news website Urban Anomie.

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Gossip

NED EHRBAR

METRO'S TAKE ON THE WORLD OF CELEBRITIES

Leonardo DiCaprio GETTY IMAGES

Leo and RiRi play the flirting game

Rihanna GETTY IMAGES

Leonardo DiCaprio and Rihanna were spotted living it up together at a recent Playboy Mansion party, which admittedly sounds like a game of Hollywood gossip Mad-libs. But when it comes to how intimate they were getting, we're left with a different game all together: duelling anonymous sources.

One such source claims that DiCaprio and Rihanna were being incredibly flirty, going so far as locking lips at the soiree.

But another? "No one was making out. They are just friends. That's it," the second source tells E! News. "There was a big group dancing. Tom Hardy, Naomi Campbell and a bunch of other people. Everyone was having a good time together. Maybe a little bit of friendly flirting, but no scandal here."

Oh, you're no fun.

And baby makes twee... Zooey expecting first child

Zooey Deschanel GETTY IMAGES

The nice thing about all these celebrities having lifestyle websites is that they can handle all their big life announcements themselves.

Much like Blake Lively did last October on Preserve, New Girl star Zooey Deschanel has used Hello Giggles to reveal that she is pregnant. Deschanel and boyfriend Jacob Pechenik are expecting their first child together this summer.

"Jacob and I are over the moon. We are so excited to meet our little one," Deschanel says in a statement.

As of press time, there was no word on how chunky the baby's bangs would eventually be.

Well, that's creepy! Jen on Billy Bob's to-do list

Billy Bob Thornton, Jennifer Aniston GETTY IMAGES

Everyone has goals, dreams, items on their bucket list, things they really want to do. For a newly minted Golden Globe winner, that includes Jennifer Aniston. Billy Bob Thornton did a bit of an overshare backstage at the Globes when Access Hollywood challenged him to a game of Would You Rather, pitting celebrities against each other to vie for the Fargo star's amorous attention.

Asked to choose between Reese Witherspoon and Aniston, Thornton quickly replied, "Jennifer Aniston, lifelong goal. That's all I'm saying." A simple yes or no would have sufficed.

He even doubled down when presented with a choice between Aniston and Keira Knightley, saying, "Jennifer Aniston. How many times does it take you to get this through your head?"

The creepiness of his fixation aside, he at least gets high comedy marks for his response to the options of Bill Murray and Christoph Waltz: "I don't even know what the second one is, so Bill Murray." The second one, Mr. Thornton, is someone who has more Oscars than you. Just so you know.

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SCENE

We'll miss you, good people of Pawnee: Bidding farewell to Parks and Recreation

Final season. Can we really live in a world with no more quotes from Ron Swanson? We'll just have to try

LISA WEIDENFELD
Metro in New York City

The sad day is finally upon us: We must now begin saying goodbye to Leslie Knope and the parks department on Parks and Recreation. The show started its final season last night, and while it has come close to being cancelled nearly every season it's been on, that doesn't make the prospect of saying farewell any easier.

Parks and Recreation found a devoted audience who loved its optimistic humour and careful creation of a fictional but delightful town. Here are the five things we'll miss most about the show.

Co-workers who actually like each other

- The cubicle drones of The Office often seemed to be living in a state of barely concealed distaste for each other, but Parks and Recreation has generally gone in the opposite direction, with the exception of poor Jerry. Or Gary. Or possibly Barry, by this point.
- As different as the various Parks department employees are, they've always been supportive of each other's endeavours, from Donna investing in the Snakehole Lounge with Tom to the way everyone pulled together for Leslie's ill-fated city councilwoman campaign.

The town of Pawnee, Ind.
We may not have known much about humble Pawnee at the beginning, but we've all grown to love the residents of the town (which we all know is First in Friendship, Fourth in Obesity).

And who hasn't enjoyed learning about the colourful Pawnee city mottos? There was the time they got taken over by the cult of Zorp, or the time they claimed to be the birthplace of Julia Roberts, then got sued for it. Mostly, we'll miss the town's historical murals, each of which is more offensive than the last.

Leslie Knope herself
At its best, the show found great ways to translate Amy Poehler's high-energy screen presence into a character who was both hugely dorky and inspirational.

Sure, she loved organizing everything in binders, and went overboard in every facet of her life, but Leslie was that rare comedic creation whose arc combined personal and professional achievements in a way that made everyone root for her.

The couples
Remember the episode when April and Andy got married on a whim, only a few episodes after starting to date? It's unlikely anyone would have guessed those two would be the most stable relationship on the show, but the writers always found cute, funny ways to make them work as a couple, despite Andy's cluelessness and April's hatred of, well, everything.

And while we're happy Ron found love with Lucy Lawless' Diane, we're sad we won't get to see any new adventures between Ron and Tammy, because Nick Offerman and Megan Mullally brought just the right degree of crazy every time they were onscreen together.

It always warmed your heart
Parks has gotten a lot of credit over the years for the warmth of its humour. The show makes you laugh at the antics of its characters, but never sneers at them or asks viewers to mock them. Sure, we knew most of Tom's business schemes were doomed to failure, but he's now started a few successful ones, and no one on the show treated him like he was a fool for dreaming of a life beyond Pawnee. And as outlandish as Leslie's behaviour got, the people around her always loved her for it.

Amy Poehler as Leslie Knope on Parks and Recreation. CONTRIBUTED

WINTER FOOD TRUCK FEST RETURNS TO DOWNTOWN VANCOUVER

Winter is here. That means food truck lunches with your buddies are a thing of the past – right? Think again, friends.

Street Food City — downtown Vancouver's fourth annual winter food truck festival — returns on Monday, January 19 for seven days of lunchtime noshing.

A Dine Out Vancouver Festival signature event, Street Food City brings together more than 25 food trucks for an outdoor feasting frenzy coordinated by Tourism Vancouver, Street Food Vancouver Society and the Downtown Vancouver Business Improvement Association.

The event takes place at the Vancouver Art Gallery's north plaza where a pop-up village of tents, tables, balloons and seating make up an inviting picnic spot regardless of what variety of winter weather Vancouver serves up. Musical score is provided by 96.9 JACK FM and LG 104.3 FM, who will broadcast live on-site daily.

From gourmet hot dogs, fresh squeezed juices and butter chicken wraps to stick-to-your-ribs chili, delectable grilled cheese sandwiches and some serious sausage, the food variety will appeal to everyone. On Monday, there will even be an "international food truck takeover" when New Zealand Chef Matty Bowling from Britain's acclaimed Terre à Terre restaurant serves up an all-vegetarian menu from Soho Road's food truck.

Last year, Street Food City attracted some 18,000 people over five days. This year, the event has been extended to seven days and features more food trucks as well as special menu items and pricing. Street Food City is one of the more than 70 events taking place over the 17-day Dine Out Vancouver Festival (January 16 to February 1).

So round up your friends, cajole your work colleagues and get down to the Vancouver Art Gallery. Street Food City runs from Monday, January 19 to Sunday, January 25 from 11am to 3pm, and until 5pm on Friday, Saturday and Sunday. Many of Vancouver's favourite food trucks will be there including Aussie Pie Guy; Johnnys Crème Brulee; Holy Perogy; Juice Truck; and Roaming Dragon.

For the full details:
DineOutVancouver.com

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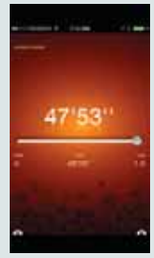
How-to

Save money at the airport

1. Rather than shelling out a taxi fare at the airport's front door, persuade a friend or relative to drive you.
2. Take a bus, train or the local transit to and from the airport, even if it means leaving home earlier — and packing lighter.
3. Take an empty water bottle through security, then fill it up on the other side. You don't need to pay $5 for a bottle of water.
4. Coffee up at home.
5. Bring foods that are easy to pack — sushi, sandwiches — and skip departure lounge food.
6. Avoid the shops! Bring books, magazines and sundries like batteries with you. DOUG WALLACE/METRO

Tool

Sunscreen app



Heading south? Load this free app onto your phone to keep sunburns to a minimum. You enter your location, skin type and the SPF of your lotion. The app then detects the UV Index rating of your sunny spot and sets a timer to alert you when it's time to apply more sunscreen. It also comes with info on health precautions to help you avoid the dreaded lobster look and other more serious problems. Free for Android and iOS.
DOUG WALLACE/METRO

Deals

Cuba for less

Cuba has always been the cheap and cheerful route for a week at the beach. Sunwing is making it even more attractive with deals on a few all-inclusive Cuban resorts they've recently started to work with, including up to 45 per cent off the new, 530-room Memories Holguin Beach Resort in Holguin. Get up to 20 per cent off at the new five-star Royalton Hicacos Resort & Spa in Varadero and up to 25 per cent off at the new Starfish Cayo Santa Maria, which is gigantic at 1,300+ rooms. Visit Sunwing.ca.
DOUG WALLACE/METRO

The winding trails of Wales

Hiking haven. This rugged country offers both epic journeys and leisurely walks

A hiker takes in the view at Snowdonia. THE CANADIAN PRESS

Looking for a hiking vacation that's off the beaten track but guaranteed to delight with an array of trails for all skill sets, amazing views, quaint accommodations, a wealth of history and top-notch cuisine?

Consider Wales.

The mountainous country, part of the United Kingdom, is bordered by England in the east, the Irish Sea to the north and west and the Bristol Channel in the south.

There are several world-class hiking regions, all distinct, all worth seeing, and situated close enough to one another that most of Wales can be explored in as little as a week via rental car.

There are no direct Canadian flights to Wales, but fly into any of the major London airports and connect to either Cardiff, Swansea or Liverpool. From Liverpool, it's a quick jaunt into the northern reaches of Wales, where you can start your hiking vacation in the Llandudno and Colwyn Bay area.

The hiking highlight of the region is the Great Orme, a coastal landmark more than 200 metres above sea level with Stone Age origins.

There's a circular walk around the headland that starts and finishes at the summit, providing spectacular views of Liverpool Bay and the Irish Sea, the Carneddau mountains, the island of Anglesey and the Menai Strait — a stretch of which is called the "swellies" by locals due to its hazardous whirlpools and surges.

History lovers shouldn't miss Conwy Castle, built by Edward I during his conquest of Wales between 1283 and 1289. It's among the best-preserved medieval fortifications in Britain, and visitors can wander its battlements at will.

From Colwyn Bay, veer southwest into the grandeur of Snowdonia.

The famously stunning region is dotted with picturesque villages. Stop at Betws-y-coed on your drive in, an impossibly pretty riverside hamlet with a cosy pub located at the Ty Gwyn Hotel and featuring an excellent menu. The local steamed mussels and salt-marsh lamb shouldn't be missed.

To work off your lunch, there are trails for hikers of all capabilities. Expert climbers can take on the seven-hour hike up Mount Snowdon, the highest peak in south Britain, via the Crib's Goch knife-edge ridge, but there are plenty of other shorter, less hair-raising hikes through the dramatic hills of the region.

From Snowdonia, veer back northwest to Anglesey. The highlight of the island is the spectacular South Stack Lighthouse, perched on another rugged, windswept isle joined to Anglesey by an aluminum bridge and open for exploration by tourists. There are plenty of hiking trails in the area, including an hour-long hike that starts in Breakwater Country Park in nearby Holyhead and leads to South Stack. The Anglesey Coastal Path also passes by South Stack.

Next stop? The Llyn Peninsula, southwest of Anglesey. While the hills are gentler than those in Snowdonia, the hiking in Llyn is every bit as scenic.

Head to the Yr Eifl region, the highest point on the peninsula. There are three peaks, but we tackled the challenging Tre'r Ceiri because it has one of the best examples of an Iron Age hill fort in northern Europe.

Just prepare for what feels at times like a full-on vertical climb to the rocky summit, although it's well worth the effort — the panoramic views atop the peak are phenomenal.

Reflect on the splendour over some fantastic Welsh craft beers at the nearby beachside pub at the Ty Coch Inn, located in the picture-postcard seaside village of Porthdinllaen.

Featuring a hearty menu ranging from garlic mussels to bangers and mash, it was named one of the world's best beach bars in 2013. But be prepared: You have to walk about a kilometre along the beach, or alongside a golf course on top of the headland behind the village, to get to the pub.

From the Llyn Peninsula, take a quick jaunt east to Portmeirion, a popular tourist destination designed and built by an English-born Welsh architect in the style of a somewhat gaudy Mediterranean village, complete with gilded statues of naked men and ornate buildings painted in pastel colours.

Located on the estuary of the River Dwyryd, Portmeirion has served as the location for dozens of films and even music festivals, though it was most famously the setting of the 1960s television show The Prisoner.

From the weird and wacky Portmeirion, head south to Pembrokeshire, home to some of the most awe-inspiring beaches you'll ever set eyes on.

Get onto the Wales Coastal Path near St. David's and make the two-hour hike northeast to the tiny former quarry town of Porthgain for lunch or dinner. The seafood on offer at two pubs there, including crab and fresh catches of the day, is amazing.

Along the hike to Porthgain, the wide sandy beaches nestled amid the majestic fjord-like rock walls along the rugged coast will shock and awe. They're popular among local surfers; for those who haven't mastered a surfboard, the body-surfing is awesome. too.

The final leg of the journey is the Gower Peninsula, no stranger itself to world-famous beaches. The sweeping, golden Rhossili Beach, on the southwestern tip of the peninsula, is eye-poppingly long and wide, surrounded by steep cliffs where sheep graze precariously and some even topple to their deaths.

The only possible downside to a Welsh hiking vacation? The rain. Pack rain gear, because all-day sunny hiking weather is rarely a guarantee.
THE CANADIAN PRESS

If you go...

Check out the Visit Wales website at visitwales.com for accommodation options, including cottage rentals, working farms, camper vans and hiking recommendations. Wales Tourists Online (walestouristsonline.co.uk) also has an extensive database of accommodations options.

Bucket list

Palm Springs, California

Now's the time to start planning Palm Springs, so you can nab one of the cool mid-century modern bungalows for a week by the pool, before they book up. This little resort community of 45,000 people 175 kilometres east of Los Angeles is a great spot to relax and explore, golf, play tennis, and generally soak up the Hollywood playground vibe. If it was good enough for Frank Sinatra, it's good enough for you. Both the Coachella and Stagecoach music festivals are big draws in early spring, and there are numerous film festivals throughout the year. Check out VisitPalmSpings.com for listings.

DOUG WALLACE/METRO, PHOTO: PALM SPRINGS BUREAU OF TOURISM

Colonial Curaçao is full of old world charm

Beyond the beach. This little Dutch colony has incredible architecture, shipwrecks and diving

ON THE MOVE
Loren Christie
life@metronews.ca

The lighthouse on Klein-Curaçao is a spectacular site. PETER REMUS/METRO

If you're looking to sunbathe all day long, the island of Curaçao may not be your best choice. But if you're a snorkeller, scuba diver, foodie, history junkie, golfer or culture vulture, this former Dutch colony — located approximately 60 kilometres off the coast of Venezuela — is the perfect vacation destination.

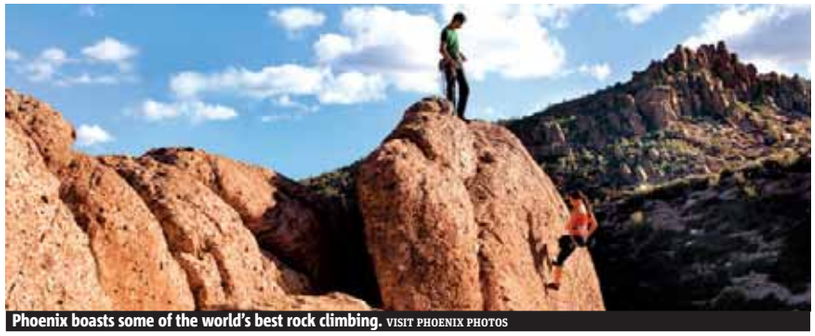
The unique capital of Willemstad is a bustling port city that earned UNESCO World Heritage status in 1997 due to its incredible collection of Dutch colonial architecture. Picture the unique gabled houses of Amsterdam painted in vibrant pastels and peppered with palm trees. The vibe is strongly Dutch, but the influences of Spanish, English and the local Papiamento people are also evident in all aspects of life including the music and cuisine. The food at the Gouverneur de Rouville reflects the cosmopolitan makeup of the island and the service, ambiance and views at this charming heritage building overlooking the harbour are outstanding.

The island's beaches, a mix of both public and private access, are small and tend to be crowded. However, for snorkellers and divers, beaches such as Playa Kalki and Playa Lagun make great welcome mats to an entire ocean of coral and exotic fish.

Devoid of permanent populations, the tiny neighbouring island of Klein-Curaçao offers a long stretch of white sand beach as well as an abandoned lighthouse and two shipwrecks to explore. It's well worth the two-hour boat trip there and back, but be warned: The sometimes rocky voyage is not for people with sensitive stomachs.

Although home to American chain hotels such as Marriott and Hilton, the local Kura Hulanda properties make for a more interesting accommodation choice. The Village & Spa is a boutique hotel in downtown Willemstad occupying 65 intricately restored buildings, which showcase the city's Dutch architectural history. On the west end of the island, the Kura Hulanda Lodge is a stunning resort, with a world-class reef just off shore. I travelled to Curaçao as part of a large group, so we opted to rent a villa, which was not only more affordable than most of the hotels, but it gave us the chance to live like locals. We made several of our dinners from bounty scored at the supermarket and the city's floating market, and got to experience the Jan Sofat neighbourhood; going for walks and on the recommendation of the villa's owner Anne-Marie Tap, we joined 3,000 other people for the annual New Year's Day swim.

The Desert Botanical Garden has the largest collection of cacti in North America.


Phoenix boasts some of the world's best rock climbing. VISIT PHOENIX PHOTOS

Gateway to the great outdoors

Phoenix. Urban sophistication meets thrilling adventure

VAWN HIMMELSBACH
For Metro

Phoenix is one of the sunniest cities in the U.S. — but it's not just for snowbirds looking to escape the harsh Canadian winter.

As the gateway to the Grand Canyon, Phoenix is set against a backdrop of rugged mountains in one of the lushest deserts in the world. But it also has a sophisticated urban scene, with boutique hotels and luxury spas, plenty of nightlife, and some of the best southwestern food around.

"It's a wonderful place for our northern friends to thaw out and leave their parkas behind," said Douglas MacKenzie, media relations director with Visit Phoenix.

The city's dependable sunshine makes outdoor activities a way of life — whether rappelling into a wet canyon or enjoying a craft cocktail on a poolside patio.

In the fall and winter, the climate is ideal for hiking and biking (in the spring, blooming wildflowers carpet the desert).

Hike the Cholla Trail on Camelback Mountain or the numerous trails in the Phoenix Mountain Preserve. Or check out the views from a hot air balloon, on a Jeep tour or while riding a horse.

While there are plenty of culinary options, Phoenix is known for its authentic southwestern and Mexican fare. Kai is the only Five Diamond Native American restaurant in the world, while the locals head to Los Dos Molinos for no-fuss traditional Mexican.

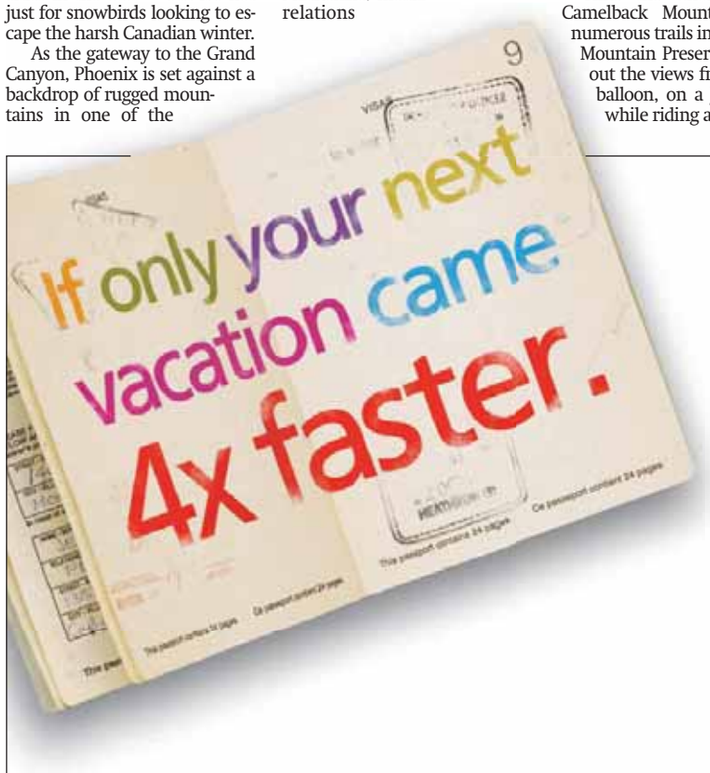
Phoenix offers a range of hip boutique hotels and luxury resorts with spas and golf courses, but there's also the unique option of staying at a dude ranch for a true cowboy experience. Or step into luxury at the Arizona Biltmore (Frank Lloyd Wright served as consulting architect).

"We have 62,000 hotel rooms in the Greater Phoenix Area and one to fit everyone's budget from economical to five-star luxury," said MacKenzie. Phoenix is also known for its spa scene, offering everything from mud wraps to hot golf ball massages.

There's also plenty worth seeing around town. "The Heard Museum has the largest collection of Native American artifacts (and) the Desert Botanical Garden has the largest collection of cacti in North America," said MacKenzie.

Unique adventures

- Phoenix has an emerging craft beer scene, with a dozen or so breweries and more than 60 wineries in the area. Imbibe on a craft brewery tour or a "water to wine" kayaking tour where you paddle between three different vineyards.
- Arizona offers some of the world's top canyoneering. Several operators offer adventures for different skill levels — from bouldering and rappelling to exploring wet canyons.



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Take chili beyond ground beef and beans

Mixed Veggie and Steak Chili. This refreshing take on the classic hearty dish doesn't take much time or effort to make

DINNER EXPRESS
Emily Richards
food@metronews.ca

Try making chili with steak next time you have a hankering during the week. It's just as easy as using ground beef but has a chunkier texture, which is a nice change.

You can use stir-fry strips if you don't want to slice the steak yourself, but slicing takes no time at all.

Use your favourite fresh peppers or mushrooms, but to make this in a snap, why not check what's available in your freezer and bulk up the pot with a variety of frozen veg?

Pick up a few bags when they are on sale and then you will be ready to whip up this dish or serve up a variety of veggies alongside your favourite weeknight meal.

Keeping a bag of frozen mixed vegetables in your freezer is also an easy way to pump up your soups with flavour and texture, not to mention extra servings of vegetables!

This chili is perfect served up with a crunchy salad.

FLASH FOOD
From your fridge to your table in 30 minutes or less

Directions

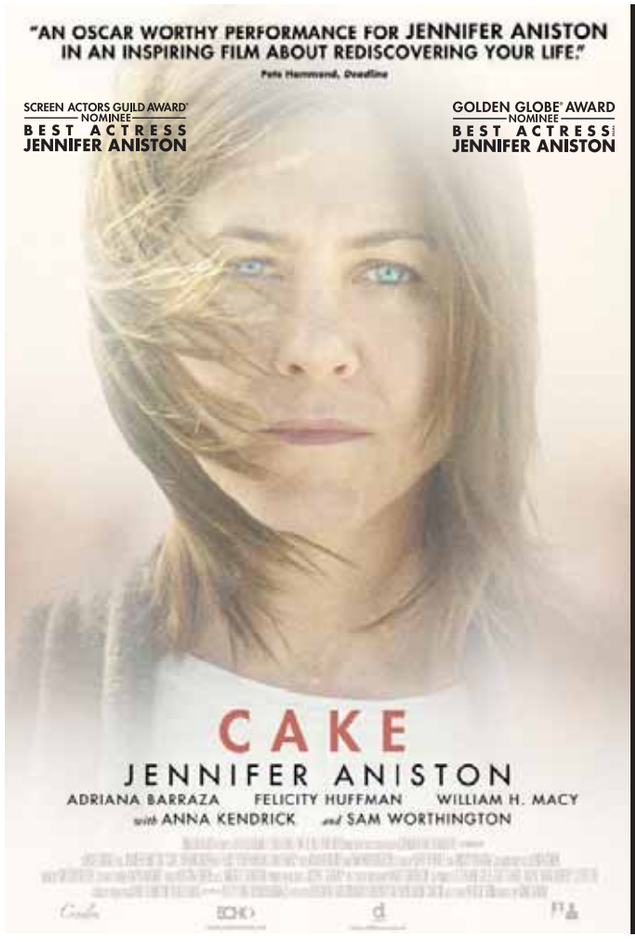
1. In large shallow saucepan or Dutch oven, heat oil over medium-high heat and brown steak. Remove to plate.

2. Add onion, garlic, chili powder, oregano and cumin and cook, stirring for about 5 minutes or until softened. Stir in tomatoes, frozen vegetables, beans and tomato paste; bring to a boil. Stir in steak; reduce heat and simmer for about 20 minutes or until chili is thickened.

Ingredients

- 1 tsp (5 ml) canola oil
- 1 sirloin grilling steak (about 12 oz/375 g), in 1/2 inch (1 cm) pieces
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 tbsp (15 ml) chili powder
- 1 tsp (5 ml) each dried oregano leaves and ground cumin
- 1 can (28 oz/796 ml) diced tomatoes
- 2 cups (500 ml) mixed frozen vegetables, such as broccoli, cauliflower and carrots
- 1 can (19 oz/540 ml) red kidney beans, drained and rinsed
- 1/4 cup (60 ml) tomato paste

This recipe serves four. EMILY RICHARDS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Gather a combo of contacts for career success

Career. Tips on nabbing your ideal professional network

LAUREN MARINIGH
TalentEgg.ca

Oh, the places this tablet could take you! ISTOCK

Creating a LinkedIn profile is easy — knowing who to add and how to build your network and connections is the hard part.

Building an ideal network on LinkedIn takes time, persistence and patience. But once you have created a great network of contacts, you'll find LinkedIn is one of your most valuable social media platforms and a great resource.

So where do you start? Here are some tips.

Who to add

Knowing who to add is the most important thing to consider when building any network, but especially on a social platform like LinkedIn.

Keep in mind that LinkedIn is a professional hub, and your connections are a representation of you. Only connect with people you feel will represent you well and that you would be happy for possible employers to see as connections on your profile.

If you are going to reach out to professionals you don't personally know, make sure that you include a message with your invitation, so they understand why you are adding them, and how you may want to network.

Avoid adding people who have no significant value to you or your network. These people may be those that aren't in your field, friends you haven't kept in touch with, and of course, people that you don't know or trust.

Always make sure that you skim the profile of each possible new connection, as this is a way to validate who they are, and why they are relevant to you.

What employers are looking for

Employers often first look for mutual connections, and how you link back to them personally. It sparks a common ground when an employer notices you have a connection in common.

Peek at your new pal

"Always make sure that you skim the profile of each possible new connection, as this is a way to validate who they are, and why they are relevant to you."

This could also be negative if the connection in common isn't someone who has the best reputation with the employer or human resources manager looking up your profile. Employers also want to see that you have worked to build your network. Profiles that only have minimal connections or no connections at all can raise a red flag. If you are going to be on LinkedIn, commit yourself to building your network, and keeping your profile updated, otherwise it's almost better to stay off of it.

Not sure how to build your network or don't know very many people on LinkedIn? Start with creating a great profile, sharing regular content, and getting involved in LinkedIn groups and company pages.

You'll notice your network will slowly begin to grow. And hey, don't forget to add all your colleagues from past jobs, or classmates and teachers from college or university.

Who to remove

LinkedIn is a professional network in comparison to Facebook. Who you connect with on LinkedIn is probably not necessarily who you connect with on Facebook and vice versa. Keep LinkedIn your professional network, and don't be afraid to remove those connections you may not want to be associated with anymore.

- Remove those that you haven't stayed in touch with enough to know what they are doing professionally. Remove those who are inactive and haven't updated their profiles in a long time, and people that may have switched career paths and no longer seem to be relevant to your network or career. The important thing to remember is that you can't worry about people being offended if you removed them. LinkedIn is a virtual resumé, and if your connections aren't adding value to your profile, there really is no point being connected.

- Once you have a good LinkedIn network, you'll start reaping the rewards of networking within your industry. LinkedIn is a great resource for anyone, but especially for new grads with minimal experience and limited industry connections. LinkedIn can be your go-to site for finding jobs and building your professional reputation and network.

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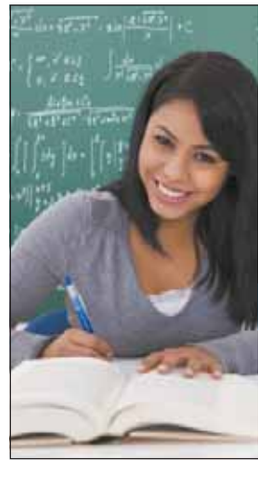

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Give your portfolio a noticeable pick-me-up

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CELINE TARRANT
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Many professionals make the mistake of thinking that they don't need a portfolio because they don't have anything to put in one. Here's how to put together a professional portfolio that will help you showcase your work, highlight your skill set, and can serve as a valuable career planning tool.

What is it? What should you include in it?

This is not a resumé; it's a collection of your professional achievements.

Unlike a resumé, there's no page limit, so it should include all the projects you've worked on, recommendations, reference letters, awards, side projects, publications, a listing of conferences and events you have attended or spoken at, courses and workshops, and anything else you feel is relevant to your professional life.

Why do it?

• To jog your memory (and your manager's): Simply put, most people are terrible at remembering things. Unless you write down and reflect on relevant and important experiences, it's easy to forget about them.

If you forget about your own achievements, what are the chances a potential employer will remember? It's important to document and showcase what you have accomplished so you can communicate more effectively with your manager about how you have contributed to the team, and demonstrate ways you have gone above and beyond.

To help you land your next job:

As you advance your career, this tool should also make it easier for you to quickly gather and comment on relevant work experience. For example, if you're in PR and applying for a marketing job, you should be able to look to your portfolio and very easily gather all the marketing-related projects you have worked on and identify the overlapping skill sets because you have carefully organized and tracked them over the years.

Career planning and development:

As you go through the exercise of putting together your portfolio, and continue to add to it over time, patterns will start to emerge. Maybe you notice that all of your projects have been internal and you need some more client-facing experience.

Or that you've been to five social media workshops this year, and you still haven't put up your hand to run the next Twitter campaign.

It should help you identify where you are over- or under-indexed in certain areas, highlight gaps in your skill set, and draw your attention to opportunities for personal development.

Putting it together

How you actually collect everything and organize it is up to you.

- Maybe it's a formal hard-copy document that you use publicly and share with others. Maybe it's just an informal folder on your computer where you keep relevant documents for your eyes only.
- However you choose to do it, the thing that matters is that you are keeping track of all the amazing work you are doing, and keeping it up to date and relevant.
- Set a recurring calendar date with yourself each month and commit to revisiting your portfolio to reflect on your experiences so far, update it with new information, and plan for the month ahead.

You will often need references from your manager when looking for a new job. You can use a portfolio to help guide your manager to highlight what is important to the new job, not just what they can remember you worked on. ISTOCK

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4 SPORTS

CFL

Lions working on contract extension for MOP Elimimian

Talks between the B.C. Lions and star linebacker Solomon Elimimian about a contract extension continue, but when such a possible deal between the two sides might be reached remains to be seen.

Elimimian is under contract for the 2015 season, and the Lions are working to try to extend him beyond that. According to a report from News 1130 Sports in December, the Lions offered Elimimian a two-year deal worth $200,000, but Elimimian's camp wanted a one-year deal to keep his NFL options open.

"At this point, I think both sides would like to get something done," said Lions general manager Wally Buono when contacted by phone Tuesday.

"That's probably the best way to put it.

"We're working on it."

Elimimian, 28, made history during Grey Cup week in November when he took home the Canadian Football League's Most Outstanding Player award for the 2014 season.

The hard-hitting linebacker, in his fifth CFL season, was the first defensive player to receive such recognition, following a dominant year that included a record-breaking 143 defensive tackles, and 151 tackles.

He also won Most Outstanding Defensive Player.

CAM TUCKER/METRO

Follow Cam Tucker on Twitter @camtucker_metro

The Canucks' Henrik Sedin gets checked to the ice by the Predators' Paul Gaustad as goalie Pekka Rinne makes a save on Tuesday in Nashville.
FREDERICK BREEDON/GETTY IMAGES

Canucks held down at start of road trip

NHL. Vancouver stifled by Nashville but Predators lose star netminder to injury

Colin Wilson had two goals and two assists to lead the Nashville Predators to a 5-1 win over the Vancouver Canucks on Tuesday night.

Nashville lost goaltender Pekka Rinne, who got his NHL-leading 29th win, to a lower-body injury in the third period. He had stopped 20 of 21 shots before being replaced by Carter Hutton.

Craig Smith, Filip Forsberg and Mike Fisher also scored for Nashville, winners of four straight. Mike Ribeiro had three assists.

Rinne was hurt when Vancouver forward Chris Higgins drove toward the Predators net and became entangled with Nashville defenceman Anton Volchenkov. The pair then collided with Rinne, and their momentum carried the Finn into the end boards.

Alexander Edler had the lone goal for the Canucks, who will play the Flyers in Philadelphia on Thursday.

Smith scored the game's first goal at 4:07 of the opening period while on the power play.

Just 2:15 later, Wilson gave Nashville a 2-0 lead. Fisher took the puck away from Brad Richardson inside the Nashville blue-line and fed Wilson, who skated to the faceoff dot and beat Vancouver goalie Eddie Lack with a wrist shot high to the far side.

Edler halved the Nashville lead at 2:47 of the second, connecting from the right circle after a prolonged scramble inside the Predators zone.

Forsberg scored at 13:32 of the third when his wrist shot caught a piece of Lack and then trickled across the goal line.

Fisher struck at 15:31 of the third, and he was followed by Smith's second power-play goal of the game at 17:39.

THE ASSOCIATED PRESS

On Tuesday

5	1
Predators	Canucks

Sabres. The Dominator's No. 39 hoisted to rafters

The player nicknamed "The Dominator" is getting accustomed to basking in the success of his playing career three years into his retirement.

After having his No. 9 retired in his Czech Republic hometown of Pardubice last year, followed by a Hockey Hall of Fame induction in November, Dominik Hasek was back in Buffalo to take part in his latest honour.

The Sabres paid tribute to their former star goalie by retiring his No. 39 in a banner-raising ceremony before Tuesday's home game against the Detroit Red Wings.

Dominik Hasek
THE ASSOCIATED PRESS

Hasek played for both teams, and won Stanley Cups with Detroit in 2002 and 2008. In the NHL, he also played for the Chicago Blackhawks and Ottawa Senators. THE ASSOCIATED PRESS

NBA

Wizards end 17-game losing streak vs. Spurs

John Wall broke a personal 0-for-7 streak, scoring 25 points with eight assists Tuesday night in a 101-93 win over the San Antonio Spurs that gave him his first taste of success against the reigning NBA champs.

The Wizards as a whole had not beaten San Antonio since Nov. 12, 2005 — a streak of 17 games. THE ASSOCIATED PRESS

MLS. Source confirms Defoe's TFC departure

The Jermain Defoe transfer saga is finally over, with Toronto FC selling the England star striker to Sunderland.

A source confirmed the deal, which ends Defoe's roller-coaster year in Major League Soccer.

Toronto had been looking to send Defoe to Sunderland, with U.S. international forward Jozy Altidore and cash coming back to TFC.

That could still happen. But Altidore's return to MLS will have to go through the league's allocation process that governs the return of players to the league.

THE CANADIAN PRESS

Boom followed by bust

11

With Toronto FC, Jermain Defoe scored three goals in his first two games and had 11 in the first 16 games of the 2014 campaign, despite missing three matches due to injury — but he did not score again.

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2015 Chrysler 200

- **Type.** Four-door, five-passenger midsize sedan
- **Engines.** 2.4-litre four-cylinder (184 hp), 3.6-litre V6 (295)
- **Transmission.** Nine-speed automatic
- **Price.** $22,495 (2.4L), $26,995 (V6) base; $38,995 as tested

Market position

Chrysler's purchase by Fiat has given it access to new engineering, including the Alfa Romeo chassis under the 200. The company is now catching up in the small and midsize markets thanks to these Italian partners.

Points

- The all-wheel system disconnects the rear axle when not required, to improve fuel economy, but sends power to the back wheels whenever needed for extra traction.
- The transmission is shifted by a dial, which frees up console space.
- An optional self-parking feature works on parallel or perpendicular parking spots (and does a very good job).

The AWD system disconnects the rear axle when not needed.

Interesting features

Eight airbags and active front head restraints are standard issue. Also available are blind-spot monitoring, cross-traffic alert, a self-parking feature, ventilated seats and navigation.

Getting back into the game

PHOTOS: JIL MCINTOSH

Review. Alfa Romeo chassis helps redesigned Chrysler 200 compete in the tough midsize family sedan category

JIL MCINTOSH
drive@metronews.ca

Midsize sedans are an important segment, and if you're going to make it here, you've got to bring ammunition.

This has usually been a weak point for Chrysler, but it's finally in the game with the 200 sedan, which has been completely redesigned for 2015. It still has some flaws, but it's finally strong enough to tackle the competitors.

The base engine is a 2.4-litre four-cylinder making 184 horsepower, which is available in all four trim levels (LX, Limited, 200S, and 200C). My tester was optioned with the 3.6-litre V6 that can be added to the S and C trims. Mine also had all-wheel drive, which can be ordered only with the V6.

Both engines use a nine-speed automatic transmission. The ninth gear is a bit of overkill, as I was only ever able to get into it on a flat stretch of highway. Even then, I had to use the steering-wheel paddle shifter to manually engage it, and on the slightest incline, the transmission slipped back into eighth gear.

The new interior is lovely, with soft-touch materials and excellent fit and finish.

The engine is smooth, but its published fuel consumption is higher than many of its V6-powered rivals, and in combined driving, I averaged 10.4 L/100 km.

The redesigned interior is lovely, with soft-touch materials, excellent fit and finish, and comfortable seats that are clad in soft leather on the top-line 200C.

A heated steering wheel is standard on that trim, but there's some form over function, here. The wheel is enhanced with a handsome chrome ring, which stays ice cold on winter mornings while the rest of the wheel heats up — defeating the entire purpose.

Small-item storage looks limited at first, but you find a ton of space once you start looking. In addition to a console box and an open bin under the shifter, the entire top of the console slides back, revealing a huge hidden cubby.

The 200 can feel a bit pricey at its upper end, but the mid-range models seem right in line. If you're in the market for midsize sedan, there's a new player in town.

Compare

1 Toyota Camry V6
Base price: $33,650
Also redesigned for 2015, the Camry features more aggressive styling and improved driving dynamics.

2 Kia Optima SX Turbo
Base price:$34,895
Optima's optional turbo-charged engine makes 274 hp and boosts driving fun.

3 Nissan Altima 3.5
Base price: $33,498
Long drives remain comfortable thanks to the zero gravity design of the seats, which reduces fatigue.

DRIVE

Ford

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Year-End Cash is not combinable with CPA, GPC, CFIP, Daily Rental Allowance and A/A/270/F-Plan programs. Delivery allowances are not combinable with any fleet consumer incentives.†Until February 02, 2015, lease a new 2014 F-150 Super Crew XLT 4x4 (300A Package) and get as low as 0% lease annual percentage rate (APR) financing for up to 24 months on approved credit (OAC) from Ford Credit. Not all buyers will qualify for the lowest APR payment. Lease a vehicle with a value of $44,149 at 0% APR for up to 24 months with $2,575 down or equivalent trade-in. monthly payment is $288 (Comparison payments are for reference purposes only and are calculated as follows: the monthly payment is annualized (multiplied by 12) and then divided by the comparison period (26 weeks for bi-weekly). For example $288 X 12 / 26 weeks = $133). Taxes payable on full amount of lease financing price after Year-End Cash and Ford Credit Lease Cash deducted. Additional payments required for PPSA, registration, security deposit, NSF fees (where applicable), excess wear and tear, and late fees. Some conditions and mileage restrictions of 40,000km for 24 months apply. Excess kilometrage charges of 16cper km for F-Series, plus applicable taxes. Excess Kilometrage charges subject to change, see your local dealer for details. All prices are based on Manufacturer's Suggested Retail Price. Purchase a new 2015 Fiesta S Sedan / 2015 Fiesta Titanium/ 2015 Fusion SE/2015 Fusion Titanium/ 2015 Escape S FWD with 2.5L engine / 2015 Escape Titanium for $16,239/$20,514/$25,099/$33,999/$24,499/$36,049 after Year-End Cash of $0/$0/$500/$500/$0/$0 and Winter Warm-Up bonus of $500/$500/$500/$500/$500/$500 is deducted. Taxes payable on full amount of purchase price after total Year-End Cash and Winter Warm-Up bonus has been deducted. 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AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

metro AR

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Be less predictable, especially when dealing with people in positions of power. Too many people are taking you for granted — and will continue to until you do something.

♉ Taurus
April 21 - May 21
There are a lot of people out there who could benefit from your brand of kindness, so start looking for ways you can assist.

♊ Gemini
May 22 - June 21
With your ruler Mercury strong today you are in a can-do mood but you may have to deal with people who seem incapable of making decisions. Stay calm.

♋ Cancer
June 22 - July 23
Today's positive cosmic influences suggest you can ask for almost anything you want and partners and loved ones will hand it over with no questions asked.

♌ Leo
July 24 - Aug. 23
You are advised not to take money issues too seriously today, not because they don't matter but because you may well be looking at them from completely the wrong angle.

♍ Virgo
Aug. 24 - Sept. 23
A little of what you fancy today will do you the world of good. Don't listen to those who say it is wrong to enjoy yourself when so many others are finding it tough. Show the world how easy it is to have fun.

♎ Libra
Sept. 24 - Oct. 23
Everything seems to be going so well that you may get a bit suspicious and start wondering if it's all too good to be true. On the contrary, loved ones will do anything for you. Enjoy it.

♏ Scorpio
Oct. 24 - Nov. 22
Nothing is beyond you. That may sound too good to be true but you really can accomplish something remarkable over the next two or three days, simply by following your dream.

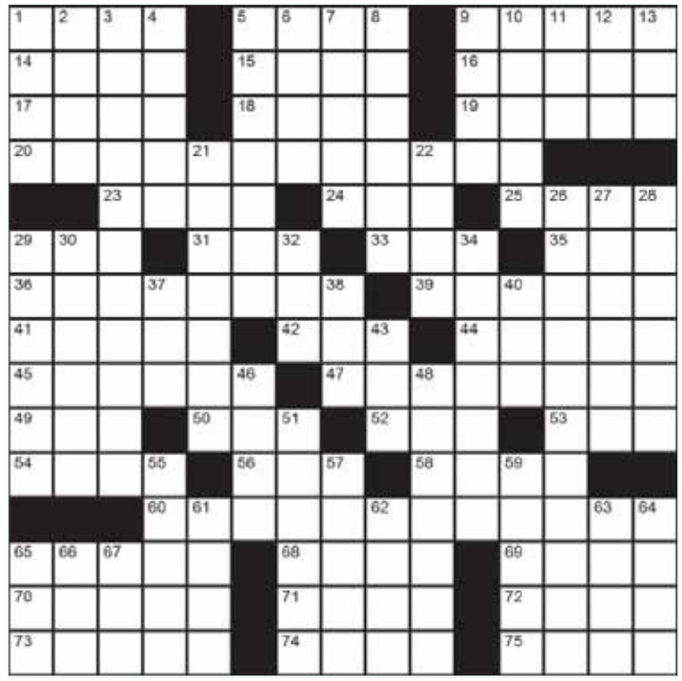
♐ Sagittarius
Nov. 23 - Dec. 21
You will have to deal with someone today who is so slow that it drives you mad. Not everyone thinks or acts as quickly as you and sometimes you just have to wait for the slowest one in the group.

♑ Capricorn
Dec. 22 - Jan. 20
It is not your job to please someone else – it is their job to please you. Partners and loved ones know exactly what it is you desire — all you have to do is let them give it to you.

♒ Aquarius
Jan. 21 - Feb. 19
By all means have fun today but don't go too far and put your wellbeing at risk. Always leave a little something in reserve.

♓ Pisces
Feb. 20 - March 20
You will receive good news today but for some reason you may find it hard to believe. The planets indicate that no one is trying to deceive you.

Crossword: Canada Across and Down by Kelly Ann Buchanan



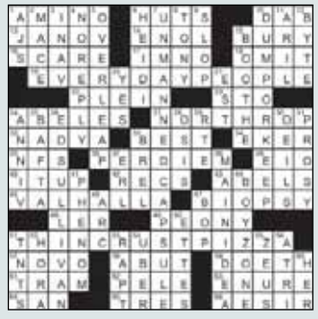
Across

1. Aware of the hoax: 2 wds.
5. __ _ good cause (Reason to donate)
9. Canadian soul songstress Ms. Watson
14. Do this :(
15. "Can _ __ a Witness" by Marvin Gaye
16. Bustling
17. Sacred looped cross
18. __-drop
19. 'R' of US state RI
20. Quebec City's sculpted Wintertime retreat from January 3rd to March 22nd, 2015: 3 mots
23. __-B toothbrush
24. 'N' of RCN [abbr.]
25. Mover's plank
29. Pronounce
31. Young sheep
33. "Uh-huh."
35. Pierre's 'here'
36. Swaps an old car towards the purchase of a new one: 2 wds.
39. Yalta's locale
41. One saying "Eww, gross.", say
42. Sever
44. Dispirit
45. 1989 Janet Jackson album: 'Rhythm __ 1814'
47. Post to a new post
49. Wildebeest
50. __ worth ($$$)
52. Response, for short
53. Beverage menu item
54. Shaggy animals of Tibet
56. "__ Wiederseh-hen!"
58. CD part, variantly
60. Map maker
65. Alexander __, Winnipeg-born hockey star
68. Triad
69. "Waking Up in __" (2002)
70. "Why __ you ready yet?" (Hurry up!)
71. Certain citrus
72. Antiquities
73. Funeral rite
74. Narrated
75. Additional

Down

1. Moonfish
2. Something naughty
3. Northwest Territories community called 'Tuk' for short
4. Questionnaire choice
5. Instruments featured in East Coast music
6. Fiend
7. Rule as a Royal
8. Not working but having fun instead: 2 wds.
9. Fashion designer Mr. Jacobs
10. Fireplace leftovers
11. 1990s trial Judge
12. "The Karate __" (1984)
13. Rock's valuable band
21. Afterwards: 2 wds.
22. With, in Montreal
26. Canadian rocker born in Sarnia, ON: 2 wds.
27. "__ __: Dawn of the Dinosaurs" (2009)
28. Ms. Agron of "Glee"
29. Cheap
30. Secrets to some
32. Canadian actor Mr. Bellows
34. Realm of Wilhelm I
37. Agnus __ (Mass prayer)
38. Hide Hair connector
40. Entries
43. Little legume
46. Just about
48. Mobile device operating system
51. Doubled disapproval
55. Plays: Act's one-of-some
57. Relinquish, variantly
59. Unrestrained shopping
61. Sidewalk bugs
62. Fish's 'lung'
63. Finales
64. Pink
65. Maple's drink
66. Blue Rodeo hit
67. 'Mountain' suffix

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

2	8	1	4	6	7	3	9	5
9	3	6	8	5	2	4	1	7
7	4	5	3	9	1	2	8	6
5	7	2	9	8	6	1	4	3
4	9	3	7	1	5	6	2	8
1	6	8	2	3	4	7	5	9
6	2	4	5	7	9	8	3	1
8	5	7	1	4	3	9	6	2
3	1	9	6	2	8	5	7	4

Today's Sudoku

	1	5	7		8	4	6	
8				5				1
			2		4			
2								9
		9		6		1		
6								5
			3		5			
3				7				4
	6	4	8		1	2	7	

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